

# STRENGTHENING OKLAHOMA FAMILIES



## GARFIELD COUNTY EXTENSION

With the holidays just around the corner, many families are planning special meals that include many traditional favorites. One way to help keep these family traditions alive is to get your kids in the kitchen with you.

Not only will your children gain an appreciation for some time-honored recipes and family traditions, they also will develop more healthy eating habits, said Jenni Klufa, assistant state specialist with Oklahoma State University Extension's Community Nutrition Education Program.

"Obesity rates are up for both children and adults in Oklahoma. Youth obesity rates are nearly 22% and the adult obesity rate is 36.5%," Klufa said. "Healthy meal preparation is a vital life skill that should take root in childhood. Fortunately, research indicates that when youth are involved in preparing meals, they're likely to eat more nutrient-rich foods. The Academy of Nutrition and Dietetics offers guidance regarding age-appropriate skills for children to help them gain an appreciation for cooking and eating healthy."

Children ages 3 to 5 will need close adult supervision since their motor skills are still developing. However, the children will feel a sense of pride being able to help out with simple

## Let kids help out in the kitchen



tasks. Klufa said this is a great time to teach youngsters the importance of being clean in the kitchen and always using clean utensils and wiping down surfaces. Here are some ways they can help:

- Wash hands with warm, soapy water for at least 20 seconds. Try singing Happy Birthday or Twinkle Twinkle Little Star twice as they wash hands.
- Wash fruits and vegetables in the sink with cool water.
- Wipe the table.
- Stir together easy-to-make batters.
- "Paint" cooking oil with a clean pastry brush on bread, asparagus and other foods.
- Cut out cookies, but do not eat the dough.

Older children, ages 6-7, have more fine-tuned motor skills so they can handle more detailed work. However, they still will need

*(Continued on page 2)*

## Garfield County OSU Extension

### Address

316 E. Oxford  
Enid, OK 73701

### Phone

580-237-1228

### Email

Joy Rhodes  
joy.rhodes@okstate.edu

### Website

<http://oces.okstate.edu/garfield/>

### Social Media

Facebook: Garfield County OSU  
Extension Family & Consumer Sciences

## In this issue:

### Let kids help out in the kitchen

### NOV2020 4-H Gratitude Challenge

### Exercise for Life

### Classic Apple Cranberry Crisp

### Snowman Wreath Workshop

### Holiday Barn Quilt Class

### L.E.A.D.

### OHCE News & Notes

### Dates to Remember

adult supervision and food safety reminders. Some age appropriate tasks include:

- Use a peeler to peel raw potatoes, ginger, mangoes and other washed fruits and vegetables.
- Break eggs into a bowl and remember to wash hands afterwards.
- Scoop out avocados after sliced in half by an adult.
- Deseed tomatoes and cooled, roasted peppers with a spoon.
- Snap green beans.
- Load the dishwasher.
- Shuck corn and rinse before cooking.
- Rinse and cut parsley or green onions with clean, blunt kitchen scissors.

“There’s a wide range of skills in children ages 8 to 9,” Klufa said. “Depending on the child, tailor tasks to each child’s maturity level. Also, reinforce the importance of food safety and wiping down surfaces.”

Age-appropriate skills for this age group include:

- Open cans with a can opener.
- Put leftovers in shallow containers and refrigerate within two hours (one hour if it’s warmer than 90 degrees).
- Pound chicken on a cutting board. Note: Always use a separate cutting board for ready-to-eat and raw foods, and be sure to wash hands with warm, soapy water after handling raw meats and chicken.
- Beat eggs.
- Check the temperature of meat with a food thermometer – it’s like a science experiment!
- Juice a lemon or orange.

Klufa said children 10 to 12 years old can work fairly independently in the kitchen, but still need adult supervision for some tasks.

“Before turning them loose in the kitchen, assess whether they can follow basic kitchen safety rules such as turning pan handles over counters to avoid bumping into them, unplugging electrical appliances, using knives safely and using the oven or microwave appropriately,” she said.

Pre-teens likely are able to handle these tasks in the kitchen, with some adult supervision:

- Boil pasta.
- Microwave foods.
- Follow a recipe, including reading each step and measuring ingredients accurately.
- Bake foods in the oven.
- Simmer ingredients on the stove.
- Slice or chop vegetables.

“Spending time with your kids in the kitchen is a great investment. You’ll not only create great memories together, you’ll also help them develop a love of cooking and eating healthy,” Klufa said.



# NOV 2020

## 4-H Gratitude Challenge



SUN	MON	TUE	WED	THU	FRI	SAT
<b>01</b>	<b>02</b>	<b>03</b>	<b>04</b>	<b>05</b>	<b>06</b>	<b>07</b>
Start a gratitude journal. Each day write down something you are thankful for.	Write a thank you note to your 4-H advisor.	Think of someone you are grateful to know. Tell them.	Complete one random act of kindness today.	Send a text to someone who makes you smile and tell them why.	Handwrite a letter and mail it to a friend.	Create a piece of art that shows what you are thankful for.
<b>08</b>	<b>09</b>	<b>10</b>	<b>11</b>	<b>12</b>	<b>13</b>	<b>14</b>
Spend time with someone you care about.	Compliment at least 5 other people today.	Think of someone you are proud of. Tell them!	Thank a veteran for their service.  <b>Veteran's Day</b>	Volunteer to do an unpleasant task, like taking out the garbage or doing the dishes.	Write a thank you note to a special teacher.	Bake a treat for your neighbors.
<b>15</b>	<b>16</b>	<b>17</b>	<b>18</b>	<b>19</b>	<b>20</b>	<b>21</b>
Gather 10 items from your closet to donate.	Make a social media post highlighting a person you are grateful for.	Write a thank you note to a coach or mentor.	Color a picture and give it to a friend.	Do a family member's chores for them today.	Set time aside to play a game with your family.	Share a photo of something you are grateful for on social media.
<b>22</b>	<b>23</b>	<b>24</b>	<b>25</b>	<b>26</b>	<b>27</b>	<b>28</b>
Think of a creative way to Pay It Forward today.	Leave a note of encouragement for a friend.	Call a relative you haven't spoken to recently.	No complaining day! Each time you want to complain, say something you are grateful for instead.	Spend time with family and friends.  <b>Thanksgiving</b>	Give a small gift to someone for no reason at all.	Write a letter or note to your parents or grandparents.
<b>29</b>	<b>30</b>					
Donate one canned food item for each day you forgot to write in your gratitude journal	Read over your gratitude journal and spend time reflecting on the challenge.					

**4-H wants you to take our 2020 Gratitude Challenge!** 2020 has not been an easy year, but we still have plenty of reasons to give thanks. Print this calendar and complete each daily task to help show gratitude to your Club, Community, Country, and World.

Use **#4HGrowsHere**, **#Grateful4Her**, and **#4HGratitudeChallenge** to spread an attitude a gratitude to all of your social media friends and followers.



# 4-H GROWS HERE

# EXERCISE FOR LIFE

Join the next Exercise For Life classes starting Monday, Nov. 9th - Friday, Dec. 18th. Classes are Monday, Wednesday and Friday. Please register by Nov. 4th, class size is limited. Bring hand weights and resistance band. Gentle Yoga /Chair Yoga will be an option on Friday. Mats, blocks and straps furnished.

\$20 includes all sessions for the 6 weeks.  
Joy Rhodes: 580-237-1228  
joy.rhodes@okstate.edu



## Classic Apple Cranberry Crisp

<https://www.tasteofhome.com/recipes/classic-apple-cranberry-crisp>

### Ingredients

- 3 cups chopped peeled tart apples
  - 1-1/2 cups fresh or frozen cranberries, thawed
  - 3/4 cup packed brown sugar, divided
  - 1 tablespoon lemon juice
  - 1/2 teaspoon ground cinnamon
  - 1/2 cup all-purpose flour
  - 1/3 cup cold butter, cubed
- Vanilla ice cream, optional

**TOTAL TIME:** Prep: 10 min.  
Bake: 25 min. **YIELD:** 4 servings.

### Nutrition Facts

1 serving (calculated without ice cream): 408 calories, 16g fat (10g saturated fat), 41mg cholesterol, 134mg sodium,

### Directions

1. Preheat oven to 375°. In a large bowl, combine apples, cranberries, 1/4 cup brown sugar, lemon juice and cinnamon. Pour into a greased 8-in. square baking dish. In a small bowl, mix flour and remaining brown sugar. Cut in butter until crumbly. Sprinkle over fruit.
2. Bake, uncovered, 25-30 minutes or until topping is golden brown and filling is bubbly. If desired, serve with ice cream.



# Snowman Wreath Workshop

Monday- January 11th, 2021  
Two Workshops  
1-3 PM or 5-7 PM

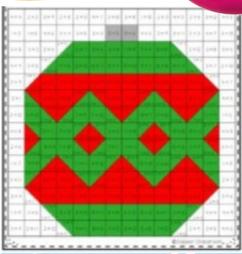
# BABY, IT'S COLD OUTSIDE



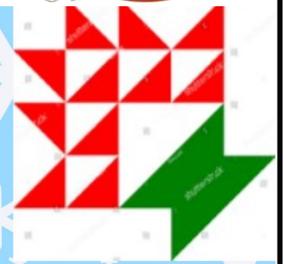
Please bring the following supplies:

- Image from <http://www.micro.com>  
Great images for quilting
- \*6 inch green wreath form
- \*14 inch green wreath form
- \*4 rolls of burlap ribbon 5.5" X 15 ft. (#731935)
- \*2 1/2 to 4 inch ribbon of your choice
- \*1 sheet of 12 X 8 stiff black felt
- \*1 small package of light brown chenille stems (pipe cleaners)

Bring to class: glue gun, scissors and supplies. The supplies can be obtained at Hobby Lobby, most items are regularly on sale at 50% off except the wreath forms. You can use your 40% weekly coupon for those items. Please sign up by Friday, Jan. 8th. Spaces are limited. Contact Shirley Clark at 405-719-0003 if you have any questions.



## Holiday Barn Quilt Class



The final Barn Quilt Class for 2020 will be held Friday, Nov. 13th from 2-8pm or Saturday, Nov. 14th from 10am - 4pm. A Holiday Theme will be used for this class. \$25 covers all the supplies and light refreshments for the workshop. Enroll by Nov. 10th as class size is limited.



GARFIELD COUNTY  
EXTENSION



**L. E. A. D.**

Live well

Eat well

be **A**ctive

with **D**iabetes

***A Program for People with Diabetes and their Families***



**GARFIELD COUNTY EXTENSION**

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Garfield County OSU Extension Office  
316 East Oxford Enid, OK

**Wednesday, November 11, 18 and 25th  
and Dec. 2nd from 12:00 pm—1:00 pm.**

Joy Rhodes, Garfield County OSU Extension

Call Now to Register – Space is Limited  
580-237-1228 . **Register by Nov. 4th.**

This program is open to anyone with type 2 diabetes and their families. **Cost is \$25**

This program includes four classes. Classes will include information on living well with diabetes, eating well with diabetes, and being physically active with diabetes.

Classes will also include demonstrations on how to prepare meals that are healthy and use less fat, salt, and sugar without cutting taste. There will be **an opportunity to taste a** variety of main dishes, side dishes, and desserts.

***Brought to you by:***



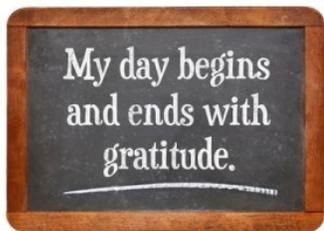
**GARFIELD COUNTY EXTENSION**



## OHCE News &amp; Notes



*I would like to thank all of you who participated in our first Fall Extraordinaire. We had great attendance and interaction with our guests, the Garfield County 4-H members. We appreciate the 4-Hers sharing their projects and activities with the OHCE members. Another highlight was all of your group's display of current work. It was good to share with everyone how you had channeled your creativity during the past few months. A huge thank you to our hosts- True Honest Workers, we all enjoyed our "fair food." It was a fun and relaxing evening of social distancing, masks, food and visiting.*



Note to the L.E.A.D. class to be held in November. Please sign up early to hold your spot. Class size will be limited for social distancing.

L. E. A. D.  
Live well  
Eat well  
be Active  
with Diabetes



**There is no leader lesson for November. Leader lesson topics for 2021 are being tallied and we will have the results to you soon.**



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A handwritten signature in black ink that reads 'Joy Rhodes'.

**Joy Rhodes**  
Extension Educator, FCS/4-H Youth Dev.



Garfield County Cooperative Extension Service  
 Oklahoma State University  
 316 E. Oxford  
 Enid, OK 73701

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**Holiday Barn Quilt – Nov. 13th 2-8 pm or Nov. 14th 10 am–4pm.**

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**Snowman Wreath Workshop– Jan. 11th 1-3 or 5-7**



**GARFIELD COUNTY  
 EXTENSION**

Garfield County OSU  
 Extension Office  
 will be closed on  
 Thursday, November  
 26th and Friday,  
 November 27th for  
 Thanksgiving!  
 Happy Holidays!

